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BLEPHAROPLASTY (EYELID SURGERY)

POST-OPERATIVE INSTRUCTIONS

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- You will need someone to drive you home after your surgery and help you at home for 1 to 2 days.
- Get plenty of rest, sleeping on your back with your head slightly elevated and apply cold compresses to your eyes for 48 hours post-operatively.
- The combination of decreased activity and pain medication may promote constipation, so you may want to add more fruit and fibre to your diet. Be sure to increase fluid intake. Movicol may also be used to keep your stool soft.
- Take pain medication as prescribed. Do not take aspirin or any products containing aspirin.
- Do not drink alcohol when taking pain medications.
- If you are taking vitamins with iron, resume these as tolerated.
- Do not smoke, as smoking delays healing and increases the risk of complications.

ACTIVITIES

- Start walking as soon as possible. This helps to reduce swelling and lowers the chance of blood clots.
- Do not drive until your vision is normal.
- Avoid activities that raise your blood pressure, including bending, lifting and rigorous sports.
- Keep activities to a minimum for 3 to 5 days. Avoid strenuous activities for 2 to 3 weeks.
- Depending on your circumstances, you may return to work in 7 to 10 days, if not sooner.
- Eye creams, gels or make-up to be used only once the incisions have healed completely (+/-4 weeks).
- Eye lash extensions may be done, but only after 1 month.

INCISION CARE

- Avoid wetting your face while showering or bathing for the first 5 days.
- Avoid steam baths and saunas for 3 months.
- Avoid exposing scars to the sun for at least 12 months.
- Always use sunblock - regardless of the weather - if you plan to go outdoors or not.
- **DO NOT USE ANY CREAMS CONTAINING VITAMIN E TO TREAT THE INCISION AREAS FOR THE FIRST 3 MONTHS.**
- Keep Steri-Strips on (until Doctor says they are no longer necessary).
- Keep incisions clean and inspect daily for signs of infection.
- Do not cut any stitches shorter.
- Use Tears Naturelle eye drops during daytime whenever your eyes feel dry or scratchy.

- Use Dura-Tears ointment before going to sleep to keep your eyes moist.
- Wait at least 2 weeks before wearing contact lenses.
- You may follow your usual skincare routine – taking care not to apply any creams containing Vitamin E on the incision area.
- Wear sunglasses as you will have sensitivity to sunlight, wind and other irritants for several weeks.

WHAT TO EXPECT

- Occasionally, eyes are bandaged for the first night.
- Maximum discomfort should occur in the first 72 hours, improving each day thereafter.
- Expect temporary swelling of the eyelids, tightness of the lids, bruising, dryness, burning and itching of the eyes. Eyelashes may also get ‘stuck’ together. Use the Normal Saline ampoules in your post-op Blepharoplasty pack to moisten eyelashes and use an ear bud to gently remove build-up, etc.
- You may have a minor discharge in the corners of your eyes for approximately 1 week.
- For the first few weeks, you may experience excessive tearing, sensitivity to light and double or blurred vision.
- You may have difficulty closing your eyes when you sleep.

APPEARANCE

- Bruising and swelling of the eyelids may last 1 to 3 months.
- Healing is a gradual process and your scars may remain slightly pink for 3 months or more.
- Tiny whiteheads may appear after stitches are taken out, and can be easily removed by the surgeon at your follow-up appointment.

FOLLOW-UP CARE

- All sutures are removed at your post-operative visit (usually 4 days post-operatively).
- The remainder of the stitches will dissolve in 6 to 8 weeks.
- Rapid Healing sessions help to decrease bruising, swelling and speed up the healing process by up to 50%.
- Please book your Rapid Healing sessions at your pre-operative visit.

WHEN TO CALL

- If you have increased swelling or bruising after a few days.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications, such as rash, nausea, headache, vomiting.
- If you have an oral temperature over 38°C.
- If you have any drainage from the incisions or notice a foul odour.
- If you have bleeding from the incisions that does not stop with light pressure.

EMERGENCY NUMBER: 072 543 5998

Please visit the website for more information.
www.doctortoogood.co.za